

CURRICULUM VITAE**PERSONAL DATA****Helen C. Kales, M.D.**

Psychiatry Service 116A
VA Ann Arbor Healthcare System
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Ann Arbor MI 48105

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kales@umich.edu

EDUCATION

09/1983-05/1987	Bucknell University, Lewisburg, PA; B.A. (<u>Summa cum Laude</u> , Spanish Language and Literature, Biochemistry minor)
08/1987-05/1992	University of Rochester School of Medicine, Rochester, NY; M.D.
06/1992-06/1996	University of Michigan Psychiatry Resident, Ann Arbor, MI

POSTDOCTORAL TRAINING

07/1996-06/1998	University of Michigan Geriatric Psychiatry Fellow
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ACADEMIC APPOINTMENTS

07/1998-08/2001	Lecturer in Psychiatry, University of Michigan, Department of Psychiatry
07/1998-Present	Research Scientist, Geriatric Research Education and Clinical Center, VA Ann Arbor Healthcare System
09/2001-Present	Assistant Professor of Psychiatry, University of Michigan, Department of Psychiatry

CLINICAL APPOINTMENTS

07/1998-Present	Staff Physician, Geriatric Psychiatry Clinic, University of Michigan, Department of Psychiatry
07/1998-Present	Staff Physician, Geriatric Psychiatry Clinic, VA Ann Arbor Healthcare System
07/1998-Present	Director, Geriatric Psychiatry Clinic, VA Ann Arbor Healthcare System
05/2003-Present	Medical Director, Geriatric Depression Program, University

of Michigan Depression Center

CONSULTING POSITIONS

07/1998-06/2001 Consulting Geriatric Psychiatrist, Battle Creek Veterans Affairs Medical Center

SCIENTIFIC ACTIVITIES

Ad Hoc Manuscript Referee: Journal of Geriatric Psychiatry and Neurology, Journal of the American Geriatrics Society, Journal of General Internal Medicine

2001-2002 Member, Scientific Program Committee (New Research and Scientific and Clinical Reports Subcommittees), American Psychiatric Association

2004-present Reviewer, NIMH funded Summer Training on Aging Research Topics-Mental Health Fellowship Program

GRANT SUPPORT

Recent Support

University of Michigan Geriatrics Center/Institute of Gerontology Pilot Grant, Principal Investigator, "Health Care Outcomes and Utilization in Older Patients with Coexisting Dementia and Depression"; 7/98-6/99, (\$20,000)

Rachel Upjohn Clinical Scholars Awards Program, University of Michigan Department of Psychiatry, Principal Investigator; 10/98-6/02, (\$30,000)

American Geriatrics Society/Pfizer 2001 Postdoctoral Fellowship for Research on Health Outcomes in Geriatrics, Principal Investigator, "The Effect of Race on Physician's Diagnosis and Treatment of Major Depression in the Elderly"; 7/01-6/02, (\$32,500)

Pfizer Inc., Unrestricted gift, Principal Investigator, Incremental funding of "The Effect of Race on Physician's Diagnosis and Treatment of Major Depression in the Elderly"; 4/02-6/02, (\$18,500)

Blue Cross/Blue Shield Foundation, Principal Investigator, "Primary Care Physicians' Diagnosis and Treatment of Late-life Depression"; 10/02-11/03, (\$50,000); 5% effort

Current Support

Department of Veterans Affairs, Health Services Research and Development, Career Development Award, Principal Investigator, "Geriatric Depression: Selected Confounds and Impact on Outcomes"; 9/01-8/04, (salary support); 80% effort.

Reynolds, Donald W., Foundation: Comprehensive Programs to Strengthen Physicians' Training in Geriatrics, Member, Faculty Component; 7/01 to 6/05, (\$1,500,000), Dr. Kales 10% effort on this grant is shared by the VA Career Development Award

Pending

National Institute of Mental Health, Principal Investigator, "Racial Differences in Geriatric Antidepressant Adherence", (\$420,750)

CERTIFICATION AND LICENSURE

Medical License, State of Michigan, #4301059929

1993	Diplomate, National Board of Medical Examiners,
1997	Diplomate, American Board of Psychiatry and Neurology, Certificate #44353
1998	Diplomate, Subspecialty of Geriatric Psychiatry, Certificate #2422

HONORS AND AWARDS*College*

1984	Phi Eta Sigma Freshman Honor Society
1984	Alpha Lambda Delta Honor Society
1984	Sigma Delta Pi, Spanish Honor Society
1984	Mortar Board National Leadership Honor Society
1984	Selected to take Freshman Prize Examination in Mathematics
1984-1986	President's Award for Distinguished Academic Achievement
1987	Phi Beta Kappa
1987	J. Orin Oliphant Award at Graduation
1987	Phi Eta Sigma Award at Graduation
Cumulative GPA: 4.0	
Dean's List, all semesters	

Medical School

1987-1992	Honors grades in 17 courses
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1988-89 Selected as a Biochemistry Tutor

Residency

1996 Laughlin Fellow, The American College of Psychiatrists
1996 Lilly Fellow, The Society of Biological Psychiatry
1995-1997 The Journal of Clinical Psychiatry/Janssen Pharmaceutical
Resident Advisory Board
1996 University of Michigan Department of Psychiatry Upjohn
Achievement (“Resident of the Year”) Award

Fellowship

1997 Selected as a Ginsburg Fellow, Group for the Advancement
of Psychiatry

1998 Member In Training Award for best original research
submission (“Health Care Utilization by Older Patients
with Coexisting Dementia and Depression”), American
Association for Geriatric Psychiatry

1998 American Psychiatric Association/Lilly Resident Research
Award (for “Health Care Utilization by Older Patients with
Coexisting Dementia and Depression”; one of five
recipients nationally)

Faculty

2001 American Geriatrics Society/Pfizer 2001 Postdoctoral
Fellowship for Research on Health Outcomes in Geriatrics
(one of two recipients chosen nationally from applicants in
Geriatric Medicine, Neurology and Psychiatry)

2003 Junior Investigator Award, best original research
submission (“The Effect of Race and Gender on
Psychiatrists’ Diagnosis and Treatment of Major
Depression in the Elderly”), American Association for
Geriatric Psychiatry

MEMBERSHIPS AND OFFICES IN PROFESSIONAL SOCIETIES

American Association for Geriatric Psychiatry
American Psychiatric Association
Hellenic American Psychiatric Association
Michigan Psychiatric Society

TEACHING ACTIVITIES

1988-89	Biochemistry Tutor, University of Rochester School of Medicine
1996-present	Lecturer, Third-Year Medical Student Psychiatry Clerkship, Mood Disorders, University of Michigan
1997-1998	Additional supervision for Psychiatric Residents on the Geriatric Psychiatry Rotation
1998-present	Lecturer to HO-I Psychiatric Residents, Psychiatric Syndromes due to General Medical Conditions, University of Michigan
1999-present	Lecturer, HO-III Psychopharmacology Core, Psychiatric Symptoms due to Medical Drugs, University of Michigan
1999-present	Co-Course Director, Geropsychiatry Core Series for HO-III Residents, University of Michigan
July 1998-present	Faculty supervisor for Psychiatric Residents, University of Michigan Geropsychiatry Clinic
July 1998-present	Faculty supervisor, University of Michigan Geropsychiatry Fellowship Program
2000 to present	Lecturer to Masters of Social Work Students on Geriatric Psychiatry, Hartford Seminar Series, University of Michigan
2001-present	Faculty supervisor for rotating Geriatric Medicine Fellows, University of Michigan Geriatric Psychiatry Clinic
2001-present	Faculty examiner, Comprehensive Clinical Assessment for Medical Students, University of Michigan
2001-present	Teaching presentations, Late-Life Depression, Reynolds Fellows, University of Michigan
2003-present	Training Director, VA Component, Geriatric Psychiatry Fellowship Program
2003-current	Mentoring, Peijun Chen, MD, Resident in Psychiatry, Geriatric Psychiatry Research

COMMITTEE AND ADMINISTRATIVE SERVICE

2002 Search Committee, Mental Health Clinic Chief,
VA Ann Arbor Healthcare System

EXTRAMURAL INVITED PRESENTATIONS

Michigan Assisted Living Association, “The Interface of Depression and Dementia,
Lansing, MI, May 6, 2001

University of Michigan School of Social Work, Hartford Geriatric Social Work Program,
“DSM-IV and Depression and Anxiety in Older Adults”, June 20, 2001

University of Michigan Department of Psychiatry Psychopharmacology Update,
“Depression and Dementia”, Traverse City, MI, July 12, 2001

University of Michigan Department of Internal Medicine Conference *The Challenge of
Diabetes Care in Older Adults*, “Late-Life Depression and Diabetes”, September 21,
2001

Michigan Radio Interview, “Late-life Depression and Dementia”, December 21, 2001

University of Michigan School of Social Work, Hartford Geriatric Social Work Program,
“Depression and Anxiety in Older Adults”, March 26, 2002

University of Michigan Health Minute, “Depression in the Elderly”, May 2002

Geriatric Medicine Fellowship Series, University of Michigan, Discussant, “Depression
in the Elderly Patient”, September 6, 2002

University of Michigan School of Social Work, “Geriatric Psychiatry”, April 8, 2003

Blue Cross Blue Shield Foundation, Older Adult Depression Initiative, “Where
Depression Meets Dementia”, Traverse City, MI, July 11, 2003

University of Michigan Department of Psychiatry Psychopharmacology Update,
“Vascular Depression”, Traverse City, MI, July 12, 2003

Collaborative Center for General Medicine and Geriatrics, University of Michigan,
“Late-Life Depression”, October 21, 2003

Institute for Social Research, University of Michigan, Psychosocial Factors in Mental Health Postdoctoral Seminar, "Race and the Diagnosis of Depression in Older Adults", March 26, 2004

University of Michigan School of Social Work, Masters Level course in Psychopathology, "Late-Life Mental Disorders", April 4, 2004

University of Michigan School of Art, Depression and Expression course, "Aging and Depression", April 4, 2004

BIBLIOGRAPHY

Completed Publications in Scientific Journals

Peer-Reviewed Publications

1. Mattison, R.E., Handford, H.A., Kales, H.C., Goodman, A.L.: Four-year predictive value of the Children's Depression Inventory. *Psychological Assessment* 2(2): 169-174, 1990.
2. Mattison, R.E., Lynch, J.C., Kales, H.C., Gamble, A.D.: Checklist identification of elementary schoolboys for clinical referral or SED evaluation. *Behavioral Disorders* 18(3): 218-227, 1993.
3. Kales, H.C., Raz, J., Tandon, R., Maixner, D, DeQuardo, J., Miller, A., Becks, L.: Relationship of seizure duration to antidepressant efficacy in electroconvulsive therapy. *Psychological Medicine* 27: 1373-1380, 1997.
4. Valenstein, M., Kales, H.C., Mellow, A.M., Dalack, G., Figueroa, S., Barry, K.L., Blow, F.C.: Psychiatric diagnosis and intervention in older and younger adult patients in a primary care clinic: effect of a screening and diagnostic instrument, *The Journal of the American Geriatrics Society*, 46: 1499-1505, 1998.
5. Kales, H.C., DeQuardo, J.R., Tandon, R.: Combined electroconvulsive therapy and clozapine in treatment-resistant schizophrenia, *Progress in Neuro-psychopharmacology and Biological Psychiatry*, 23: 547-556, 1999.
6. Kales, H.C., Blow, F.C., Bingham, C.R., Kammerer, E.E., Copeland, L.C., Mellow, A.M.: Health care utilization by older patients with coexisting dementia and depression, *The American Journal of Psychiatry*, 156: 550-556, 1999.
7. Kales, H.C., Blow, F.C., Bingham, C.R., Copeland, L.C., Mellow, A.M.: Race and inpatient psychiatric diagnosis among elderly veterans, *Psychiatric Services*, 51: 795-800, 2000.

8. Kales, H.C., Blow, F.C., Bingham, C.R., Roberts, J.S., Copeland, L.C., Mellow, A.M.: Race, psychiatric diagnosis and mental health care utilization in older patients, *The American Journal of Geriatric Psychiatry*, 8: 301-309, 2000.
9. Kales, H.C. and Valenstein, M.: Complexity in late-life depression: The impact of selected confounding factors on outcomes, *The Journal of Geriatric Psychiatry and Neurology*, 15:199-202, 2002.
10. Kales, H.C. and Blow, F.C.: Health services research on late-life mental disorders: the emerging translation from clinical science to improved outcomes, *The Journal of Geriatric Psychiatry and Neurology*, 15: 119-120, 2002.
11. Kales, H.C., Kamholz, B.A., Visnic, S., Blow, F.C.: Recorded delirium in a national sample of elderly inpatients: Potential implications for recognition, *The Journal of Geriatric Psychiatry and Neurology*, 16: 32-38, 2003.
12. Kales, H.C., Welsh D., Blow, F.C., Mellow, A.M. Alternative medicine use among patients with depression and dementia, *The Journal of Geriatric Psychiatry and Neurology*, 17:25-31, 2004.
13. Valenstein M, Khanuja K, Austin K, Kales HC, McCarthy JF, Blow FC. Benzodiazepine use among depressed patients treated in mental health settings, *The American Journal of Psychiatry*, 161:654-661, 2004.
14. McCarthy, J.F., Blow, F.C, Kales, H.C. Disruptive behaviors among VA nursing home residents: how different are residents with serious mental illness?, *Journal of the American Geriatrics Society*, In press.

Letters

1. Kales, H.C., Mellow, A.M. Bupropion-induced severe ileus (letter), *Journal of Clinical Psychiatry*, 60: 337, 1999.
2. Kales, H.C., Blow, F.C., Mellow, A.M. Older patients and health care utilization (letter), *The American Journal of Psychiatry*, 157: 661, 2000.
3. Kales, H.C., Blow, F.C., Mellow, A.M.: Antidepressant use by race (letter), *The American Journal of Psychiatry*, 158: 974-975, 2001.

Non-Peer Reviewed Publications

1. Kales, H.C., Abelson J., Riba, M.: The importance of psychotherapeutic concepts in medication management: a resident's experience with an erotized transference, *The Jefferson Journal* 14: 30-40, 1998.
2. Kales, H.C.: Review of Geriatric Psychopharmacology. *The Journal of*

Geriatric Psychiatry and Neurology, 11:36-37, 1998.

Articles Submitted for Publication

1. Kales, H.C., Neighbors, H., Blow, F., Khanuja, K., Gillon, L, Welsh, D., Bingham, C.R., Maixner, S., Mellow, A.M. The effect of race and gender on psychiatrists' diagnosis and treatment of major depression in the elderly, submitted to Psychiatric Services.
2. Kales, H.C., Chen, P.J., Blow, F.C., Bigger, B., Mellow, A.M. Rates of clinical depression diagnosis, functional impairment and nursing home placement in coexisting dementia and depression, submitted to The American Journal of Geriatric Psychiatry.
3. Kales, H.C., Neighbors, H., Valenstein, M., Blow, F. Khanuja, K-K., Gillon, L., Ignacio, R.V., Mellow, A.M. Impact of race and gender on primary care physicians' diagnosis and treatment of late-life depression, submitted to the Journal of the American Geriatrics Society.
4. Sajatovic, M., Blow F.C., Ignacio R.V., Kales, H.C. Bipolar disorder in the Veterans Health Administration: Age-related modifiers of clinical presentation and health service use, submitted to Psychiatric Services.
5. Kales, H.C., Mellow, A.M., Maixner, D.F. Vascular disease and late-life depression, submitted to the American Journal of Geriatric Psychiatry

Chapters in Books

Maixner, S.M., Kales, H.C., Mellow, A.M. Geriatric Psychiatry. In: *Psychiatric Pearls of Wisdom*, ed. by Schmidt, R., Boston Medical Publishing, Corp., 1999, pp. 170-179.

Mellow AM, Kales H.C., Maixner SM. Late-life depression and anxiety. In *Review of Psychiatry, Volume 22, no. 4: Geriatric Psychiatry*, ed. By AM Mellow (American Psychiatric Press, Inc.), pp. 1-34, 2003.

Kales, H.C., Mellow, A.M. Depression in Dementia. In: *A Practical Guide to the Interdisciplinary Assessment and Treatment of Dementia*, ed. By Murman, D., Lichtenberg, P., and Mellow, A.M., John Wiley Publishing, 2003.

Maixner, S.M., Kales, H.C., Mellow, A.M. Geriatric Psychiatry. In: *Psychiatric Pearls of Wisdom*, ed. by Schmidt, R., Boston Medical Publishing, Corp., 2nd edition, in press.

Kales, H.C., Schoem, K.S., Maixner, S.M. Dementia. In: *The Encyclopedia of Women's Health*, eds. Loue, S. and Sajatovic, M., Kluwer Academic/Plenum Publishing Company, in press.

Sajatovic, M., Madhusoodanan, S., Kales, H.C., Blow, F.C. Treatment of Bipolar disorder in older adults. In: *Progress on Bipolar Disorder Research*. Nova Science Publishers. Hauppauge, NY, in press.

Abstracts, Preliminary Communications, Panel Discussions

1. Kales, H.C., Raz, J., Tandon, R., Maixner, D., DeQuardo, J., Miller, A., Becks, L. Anticonvulsant effects of electroconvulsive therapy: relationship to antidepressant efficacy. Society of Biological Psychiatry Abstracts, 1994.
2. Kales, H.C., DeQuardo, J., Tandon, R. Combined electroconvulsive therapy and clozapine in schizophrenia. Scientific Proceedings of the American Psychiatric Association, 1995.
3. Kales, H.C., DeQuardo, J., Tandon, R. Combined electroconvulsive therapy and clozapine in schizophrenia. Society of Biological Psychiatry Abstracts, 1995.
4. Kales, H.C., Tandon, R., DeQuardo, J. Effects of prior electroconvulsive therapy on seizure duration. Scientific Proceedings of the American Psychiatric Association, 1995.
5. Kales, H.C., Tandon, R., DeQuardo, J. Effects of prior electroconvulsive therapy on seizure duration. Society of Biological Psychiatry Abstracts, 1995.
6. Kales, H.C., Blow, F.C., Mellow, A.M., Kammerer, E.E., Copeland, L.C. Health care utilization by older patients with coexisting dementia and depression. Scientific Proceedings, American Association for Geriatric Psychiatry, 1998.
7. Valenstein, M., Kales, H.C., Mellow, A.M., Dalack, G., Figueroa, S., Barry, K.L., Blow, F.C. Psychiatric diagnosis and intervention in older and younger adult patients in a primary care clinic: effect of a screening and diagnostic instrument. Scientific Proceedings of the American Psychiatric Association, 1998.
8. Kales, H.C., Blow, F.C., Bingham, C.R., Copeland, L.C., Mellow, A.M., Race and psychiatric diagnosis in the elderly. Scientific Proceedings, American Association for Geriatric Psychiatry, 1999.
9. Kales, H.C., Blow, F.C., Bingham, C.R., Roberts, J.S., Copeland, L.C., Mellow, A.M.: Race, psychiatric diagnosis and mental health care utilization in older patients. Scientific Proceedings, Institute on Psychiatric Services, 1999.

10. Kales, H.C., Kamholz, B.A., Baker, R.M., Blow, F.C.: Rates, utilization of health care and mortality of delirium subtypes in elderly inpatient veterans. Scientific Proceedings, American Association for Geriatric Psychiatry, 2000.
11. Kamholz, B.A., Kudelko, K., Tyrrell, V., Kales, H.C.: Prevalence and recognition of delirium at a VA teaching hospital. Scientific Proceedings, American Association for Geriatric Psychiatry, 2000.
12. Kales, H.C., Roberts, J.S., Blow, F.C., Mellow, A.M.: Dementia, depression, and coexisting dementia and depression: Detection of diagnoses and 12-month health care outcomes. Scientific Proceedings, American Association for Geriatric Psychiatry, 2001.
13. Roberts, J.S., Kales, H.C., Blow, F.C., Connell, C.M., Visnic, S., Mellow, A.M.: Differences in psychological symptoms and caregiver burden among caregivers of older patients with depression, dementia or coexisting dementia and depression. Scientific Proceedings, American Association for Geriatric Psychiatry, 2001.
14. Kales, H.C., Blow F.C., Mellow A.M., Welsh, D.E.: Alternative medicine use among elderly patients with depression and dementia. Scientific Proceedings, American Association for Geriatric Psychiatry, 2002.
15. Kales, H.C., Neighbors, H.W., Blow, F.C., Mellow, A.M.: The effect of race and gender on psychiatrists' diagnosis of major depression in the elderly. Scientific Proceedings, American Association for Geriatric Psychiatry Annual Meeting, 2003.
16. Valenstein, M, Khanuja, K, Austin, K, Kales H., Blow, F.: Benzodiazepine use among veterans with depression. VA Health Services Research and Development Service National Meeting, 2003.
17. McCarthy, JF, Kales, HC, Blow, FC: Disruptive behaviors among VA nursing home residents: assessing the impact of psychoses and dementia. Gerontological Society of America Annual Meeting, 2003.
18. Kales, H.C., Neighbors, H.W., Valenstein, M, Blow, F.C., Taylor, KK-K, Gillon, L, Ignacio, R, Maixner, SM, Mellow, A.M.: The effect of race and gender on primary care physicians' diagnosis of major depression in the elderly. Accepted abstract, American Association for Geriatric Psychiatry Annual Meeting, 2004.
19. Kales, HC, Valenstein, M, Piette, J, Blow, FC, Austin K, Mellow AM: Co-morbid diabetes among older depressed patients: impact on mental health services utilization. Accepted abstract, American Association for Geriatric Psychiatry Annual Meeting, 2004.

20. Kales, H.C., Neighbors, H.W., Valenstein, M, Blow, F.C., Taylor, KK-K, Gillon, L, Ignacio, R, Maixner, SM, Mellow, A.M.: Race and primary care physician diagnosis/treatment of geriatric depression. Selected for Plenary Presentation, VA Health Services Research and Development Service National Meeting, 2004.